

LIFEGUARD

Definition

Under direct supervision, a lifeguard supervises the water areas, slides, water play features, and pool decks of the swimming pool, enforces rules and regulations, prevents accidents and safeguards swimmers from drowning, maintains a high level of physical and mental fitness, and participates in an active training program which may include daily swimming.

General Responsibilities

1. The chief responsibility of all pool lifeguards is to provide a safe, healthy, and enjoyable swimming environment.
2. Know, enforce, and adhere to the safety regulations and pool rules. **Be strict, Be prompt, but courteous.**
3. Maintain constant surveillance of the water, pool deck, and surrounding areas.
4. Know all emergency signals, procedures, and equipment, and be able to demonstrate/use them.
5. Maintain order in the pool at all times.
6. Handle equipment as assigned to ensure safety.
7. Thoroughly acquaint themselves with general pool areas, supervision, assignments and procedures.
8. Respond to all emergencies.
9. Guards shall accurately complete an accident form when necessary.
10. Guards shall attend in-service training meetings or practices and special meetings at the request of Recreation Superintendent, and/or Pool Manager.
11. Guards shall **always** be in **proper uniform** while on duty.
12. Guarding responsibilities shall include guarding for pool parties and special events on a rotational basis. This includes weekend and evening time shifts.
13. Vacuum pool and test pool water when assigned.
14. Perform any other task Recreation Superintendent and/or Pool Manager may assign.

Requirements

Current certification Red Cross Lifeguard, CPR and First Aid certifications. Age 15 or older. Ability to remain alert at all times. Ability to adapt to changing working conditions. Ability to work with diverse group of people. Ability to work with minimal supervision. Ability to maintain control of area even when distracted by noise. Attend trainings and/or courses required by State of Iowa and City of Indianola.

Physical and Environmental Characteristics

Required Physical Activities: Swimming, walking, balancing, climbing, standing, stooping, lifting, pulling, pushing, reaching, talking, feeling, hearing, grasping.

Physical Characteristics of Work: Work involves sitting approximately 60 percent of the time, standing approximately 20 percent of the time, standing and/or walking approximately 20 percent of the time. Requires the exertion of up to 25 pounds routinely, and exertion of up to 50 pounds infrequently to lift or otherwise move people or objects.

Vision Requirements: Ability to see across and through pool water at both near and far distances, recognize emergency signals, complete written reports, read directions and use water test kits, recognize and distinguish colors.

Environmental Conditions: Work is performed in a typical outside swimming pool environment. The worker may be exposed to deep water in a rescue situation, temperatures in excess of 100 degrees for more than one hour, chemical hazards, and possibly slippery walking surfaces.

Immediate Supervisor: Pool Manager